

Blueberry Banana Popsicles

A refreshing summer treat!



Makes 8 popsicles

Ingredients:

1 cup blueberries, fresh or frozen*

1 medium banana, diced

2 cups non-fat vanilla yogurt

*You can also use strawberries, raspberries, blackberries, or cherries.

Instructions:

1. Wash hands with soap and warm water.
2. Blend all ingredients in a blender until smooth.
3. Pour mixture into small paper cups and insert a wooden stick in the center of each cup.
4. Freeze for at least 6 hours.
5. Run cups under hot running water until popsicles can pull out easily to serve.